CLAIMS

1. A device for stretching the muscles and decompressing the spine of a user, comprising:

a flexible sheet, having two ends, for supporting the user;

actuation means for bending said flexible sheet, wherein said actuation means is connected to at least one end of said flexible sheet; and

a frame, wherein said actuation means is mounted to said frame.

2. The device as claimed in claim 1, wherein said actuation means comprises:

a motor, having a shaft;

at least one pulley connected to said shaft; and

at least one cable, having a first end and a second end, wherein said first end is connected to said at least one pulley, and wherein said second end is connected to said at least one end of said flexible sheet and adapted to increase or decrease radius of said flexible sheet while being occupied by the user.

3. The device as claimed in claim 2, further comprising control means for causing said motor to increase or decrease radius of said flexible sheet.

4. The device as claimed in claim 2, further comprising a limit switch connected to said motor to assure the arc of said flexible

sheet is not retracted below or extended above a predetermined radius.

5. The device as claimed in claim 3, wherein said control means further comprises timer means for regulating the time said flexible sheet is bent.

6. The device as claimed in claim 3, wherein said control means further comprises an up button and a down button for regulating the time said flexible sheet is bent.

7. The device as claimed in claim 1, further comprising at least one pivotal support having a first end and a second end, wherein said first end is pivotally connected to said flexible sheet, wherein said second end is pivotally connected to said frame.

8. The device as claimed in claim 1, further comprising at least one pivotal support having a first end and a second end, wherein said first end is pivotally connected to said flexible sheet, wherein said second end is pivotally connected to said actuation means.